

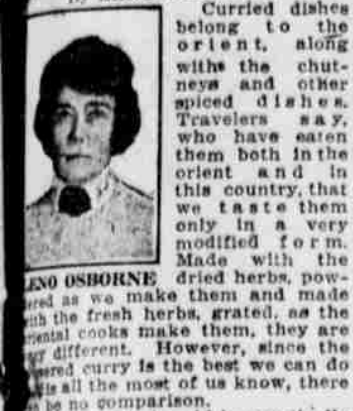


Foods! What and Where to Buy—How to Cook and Serve



If You Want Something Different Try Some of These Curried Dishes

By LENO OSBORNE.



Curried dishes belong to the orient, along with the chutneys and other spicy dishes. Travelers say, who have eaten them both in the orient and in this country, that we taste them only in a very modified form. Made with the dried herbs, powdered as we make them and made with the fresh herbs, grated, as the oriental cooks make them, they are different. However, since the curried is the best we can do, we will give you the most of us know, there is no comparison.

Curry powder is sold in practically all grocery stores. It is a mixture of the spices and herbs, that harmonize and flavor.

From an old English cook book, I get the following formula for making curry powder. These amounts make one pound. If you are fond of the flavor, it undoubtedly will be easier to mix the ingredients yourself.

Curry Powder.

1 ounce mustard.
2 ounces cinnamon.
6 ounces turmeric.
4 ounces coriander seed.
2 ounces cardamom.
2 ounces fennel seed.
4 ounces cloves (ground).
1 ounce white peppercorns.
14 ounce cayenne.
1 ounce poppy seed.
1 ounce ground each one of these, and powder, then mix. Shake through a fine sieve, then put in bottles and cork tightly.

When making curried dishes, use a cook's meat that they must be made in earthen vessel, something like our casseroles. The flavor should have plenty of time to thoroughly penetrate the food. Cooked slowly, well covered, will bring this about.

Curry and Rice.

(Six big dishes.)
1 pound round steak.
1 cup (canned in the milk) coconut.
2 cups boiling water.
1 large sour apple.
1 large onion.
4 garlic buttons.
4 tablespoons cooking fat.
1 cup flour.
1 cup milk.
1 cup tomatoes.
1 cup tomato juice.
1 teaspoon curry powder.
1 cup dry rice.
2 cups boiling water.
1 cup seeded raisins.
Dice the meat in small pieces (do not grind—that wastes the juice). Cover with cold water and simmer (uncovered) until very tender. There should be one pint liquid.

Cook the rice in six quarts of boiling water for 15 minutes or until very tender, then drain. Put this in a colander and steam over boiling water until ready to serve. Drain a dry, fluffy grain.

For the two cups boiling water use the coconut and let stand an hour or so, then drain. Brown the apple, onion and garlic in the hot fat. Add the curry powder and work smooth. Stir in gradually the milk, water, tomato juice, and meat stock. When the consistency is a delicate gravy, add the meat and raisins. This may stand where

it will keep warm for any length of time—one or several hours.

Now the rice is cooked and steaming.

The curry sauce is done. Have a dish of some good relish handy.

Also as many bananas as there are dishes to serve.

This is a whole meal. Nothing more is offered, except the steaming cup of English tea.

To serve—Fix the plates from the kitchen. Put a mound of rice in the center of a large dinner plate. Circle this with the split halves of good, ripe bananas at the two ends where the banana-half meets, pile a spoonful of the relish. Pour the curry-gravy over the rice, and it's ready to serve.

This is truly a "one-dish-meal." And with the tea, a most pleasing one.

Other meats may be used instead of the beef. In fact chicken or fish is preferred. This may be served in a casserole.

Curried Lobster.

This is especially good. Either lobster or shrimp may be used.

1 cup shredded canned lobster or shrimp.
1 tablespoon lemon juice.
2 cups curry sauce.

To make the curry sauce:
4 tablespoons butter.
4 tablespoons flour.
1 cup coconut oil.
1 cup tomato juice.
2 teaspoons curry powder.

Make as a sauce, then pour over the fish and steam an hour or so before serving. This may be served in ramekins or on rice or toast.

Curried Chicken.

1 hen.
4 tablespoons cooking fat.
1 large onion, sliced.
4 garlic buttons, minced.
6 tablespoons flour.
1 cup canned tomatoes.
4 tablespoons curry powder.
1 quart warm water.

Cut the chicken in pieces, salt, and roll in flour. If the chicken is very fat, the four tablespoons of fat in the skillet will brown it. If not, more must be used. Heat the fat, then add the onion and garlic and brown. Take these out and set to one side, to be used later. Brown the chicken as if for frying. When well browned put in a baking dish or casserole. Make a paste of the flour, curry powder and tomato juice. Add all the other ingredients, including the onion and garlic to the skillet where the chicken was browned. When boiling, pour over the chicken. Cover and cook in a moderate oven until the chicken is tender. It may take from two to three hours.

This is a wonderful meal for those who like this flavor. Serve with this, a good relish, potatoes, a fruit dessert, and hot tea.

BOOZE SUPPLY LIMITED

None to Be Imported or Manufactured in United States for Next Ten Years, Ruling by Haynes.

WASHINGTON, Feb. 24.—The United States will have to get along with 28,000,000 gallons of whiskey during the next ten years, according to a decision reached today by Prohibition Commissioner Haynes, following a survey of the entire prohibition situation and a series of

conferences with enforcement officials.

During the 10-year period there will be no importations of whiskey and none will be manufactured in this country.

It was Haynes' edict that the medical needs of the United States require only 3,500,000 gallons of whiskey a year in the present stage of consumption.

As a result of Commissioner Haynes' order, all distilleries will be compelled to cease operation. They will not be allowed to reopen until the needs of the people appear to justify a modification of the order.

SEVERAL APPLICATIONS NOW IN

Tulsans Aspire to Positions of Contract Representative.

The scrub air replacement contest in livestock recently inaugurated by the Northeastern Oklahoma chamber of commerce to better livestock standards in this section is now on, with \$1,000 in prizes offered to the counties showing the greatest replacement of scrubs and grade steers with registered steers from January 1, 1922, up to June 26, 1923.

The three prizes will be of \$500 for first place, \$300 for second and \$200 for third.

Full details as to the requirements of the contest have been transmitted through the section as well as possible and the co-operation of chambers of commerce, banks, schools, breeders, farmers, fair officers, county agents, newspapers and all interested in agricultural development, requested by the northeastern chamber.

In order that farmers and breeders may purchase registered stock, seven sales of registered stock are to be held this spring, the same number next fall and the same number in the spring of 1923. No county is to have more than one sale and any recognized breeder of purchased livestock may consign sales to any of these sales. Credit will be given for all replacement, whether the sire is purchased at public sale or obtained privately.

Every Day Knows It's Time.

"Johnny" said a neighbor to the little boy next door, "how do you like your elephant that waggles his head and your camel and your games and that railroad train that runs around on its own track?"

"Well, I don't know how I like them, Dad plays with them all the time. But he has to go back to the office tomorrow and then I'll get to."

DO YOU ASK FOR GOLD MEDAL OR JUST FLOUR?

You are entitled to the best Sold by all Grocers

WASHBURN-CROSBY'S GOLD MEDAL FLOUR

Milled in Tulsa Main Line Flour

Here is a flour that will just suit your needs for baking bread, making pastry and all your cooking. It is milled from carefully selected wheat. So don't forget the name.

Main Line Flour

Why Keep a Garden?

YOU keep a garden for fun and your neighbor makes his garden "pay." Both realize your desires when the gardens are well kept. Your own vegetables taste better because you get an appetite caring for them and they are always fresh.

A SPADE is a spade, when you get a good one, otherwise it is a nuisance. We believe we have the largest selection of gardening tools in Tulsa.

From Planet, Jr., garden plows to little hand Welders, we are ready to serve you. For anything in hardware see us now.

Plant Barteldes Seeds

We sell and recommend Bartelde's Garden and Field Seeds. They are cleaned and re-cleaned and tested for vitality. They are pure and full of life. For good results, plant the following seeds now:

Barteldes' Denver Market Lettuce, Barteldes' Early Blood Turnip Beet, Barteldes' Glass Radish, Early Jersey Wakefield Cabbage, Danvers' Half Long Carrot, Spencer's Mixed Sweet Peas, Dwarf Mixed Nasturtiums.

We have these and many other garden and field seeds in bulk. You see what you get and you get your money's worth. Come in now while our stock is complete.

It Pays to Trade at Hale's

M. C. Hale & Co. HARDWARE

109 West First 109 W. First

HANG MARYLAND BLACK

Pays Penalty for Attacking College Student and Welfare Worker After Offering Her Ride.

BALTIMORE, Md., Feb. 24.—Samuel Smith, negro chauffeur, convicted of having attacked Miss Maria Davis Lyon of Glenridge, N. J., college student and welfare worker, was hanged in the Baltimore county jail at Towson this morning. Two score women, a majority of whom were fashionably dressed, witnessed the hanging.

The crime for which the negro paid the extreme penalty occurred on October 13, last. Miss Lyon, while engaged in welfare work in Baltimore county, accepted a "lift" tendered her by the chauffeur. Smith drove his car to a side road and attacked the girl. Leaving the girl for dead, Smith drove away. Miss Lyon was found staggering along a highway by a group of farmers.

OIL PRODUCERS HURT

Companies Operating in Mexico Expected to Pay Four Million Dollars on Special Tax Levied.

SAN ANTONIO, Texas, Feb. 24.—According to advices from Mexico City, oil companies are expected to pay \$4,000,000 on special export tax today, due since December 31, in compliance with an agreement signed last September. Minister of Finance de la Huerta announced that approximately eight million pesos were paid yesterday by oil companies on export tax.

Reports say that difficulties with New York bankers will be settled shortly with the payment of these taxes. De la Huerta denies that the tax has been permanently reduced 40 per cent, saying that this arrangement is only temporary.

At that time the Oklahoma Natural Gas company is to have its legal talent arrayed on one side and Tulsa and Sapulpa will be represented by their city attorneys. Whether the corporation commission will put up a fight to induce the court to re-establish the rate of 42 cents is not known locally. City officials of cities represented at the organization meeting of the Gas Consumers association of Oklahoma here Thursday night have indicated they will

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Don't Cook Eggs Until Soggy

There's no real reason to do it—and a fried egg that is soaked in cooking fat is certainly unpalatable.

I recommend that you heat your cooking fat—most to the point of boiling (it should be rather deep in the pan) and then drop your eggs in for quick frying.

You never get good results if you let the egg "cook" while the cooking fat increases in temperature.

Always use Mrs. Tucker's Shortening. It does not absorb readily and you can heat it to a high point without burning. One trial proves the important points.

Yours Truly Mrs. Tucker

Mrs. Tucker's Shortening

100% PURELY VEGETABLE

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assist Tulsa and Sapulpa by sending their city attorneys to aid in attempting to dissolve the federal court's temporary injunction.

Mayor Evans said Friday he expects to use every effort possible to insure the attendance at the coming hearing of the three judges so there may be no reason for further postponement.

City Attorney Duncan expects to go to Oklahoma City Sunday night to be ready for the hearing. He will be joined at Sapulpa by City Attorney L. J. Hurt.

More than 10,000 tons of tin were recovered from old cans, boxes and other scrap metal in the United States last year.

Utility.

"You made your wife a Christmas present of a set of furs she doesn't really need?"

"I did," replied Mr. Meekton. "I thought you were a strict advocate of useful giving."

"I am. A new set of furs put her right in a perfectly angelic frame of mind. Nothing could be more useful."

Experiments are being carried on in Germany with a gas turbine intended to give airplanes almost noiseless flight.

O.E. HAVENS

117 East First Street Phone Osage 1497

On Sale Today at Store

Baby Beef, 9 1/2c per lb. Plate Boil, 9 1/2c per lb.

Chuck Roast, 9 1/2c per lb. Rib Boil, 9 1/2c per lb.

Shoulder Roast, 9 1/2c per lb. Brisket Boil, 9 1/2c per lb.

Prime Rib Roast, 9 1/2c per lb